

- **Forward Dives**
- **Backward Dives**

- **Inward Dives**
- **Somersaults**

- **Pike Position**
- **Tuck Position**

# ***Learn-to-Dive***

## ***At Covington Aquatic Center***

## ***FLIP & RIP***

### **What is Learn-to-Dive?**

Learn-to-Dive is a springboard diving lesson program designed to teach the fundamentals of diving in a controlled, safe setting. Classes will focus on technique development both off the board and on the board. Learning to dive is rarely a fast process and requires a lot of practice, mental control, and patience. It is common to repeat each level many times before conquering the various skills. With dedication and practice, divers will be able to perform several basic forward, backward and inward dives in straight, tuck and pike positions.

### **Prerequisites?**

All participants must be able to pass the deep-end swim test (swim twice the distance of the width of the pool). Participants must also be able to do a headfirst dive from the pool deck, be comfortable jumping off the 1-meter diving board and be comfortable opening their eyes underwater. The class is designed for ages 6 and up.

### **Dates, Times, & Cost**

For current Learn-to-Dive session dates, class times, and cost information, please contact Covington Aquatic Center. (Scholarships may be available for those with financial limitations that otherwise would not be able to participate.)

### **3-Ways to Register**

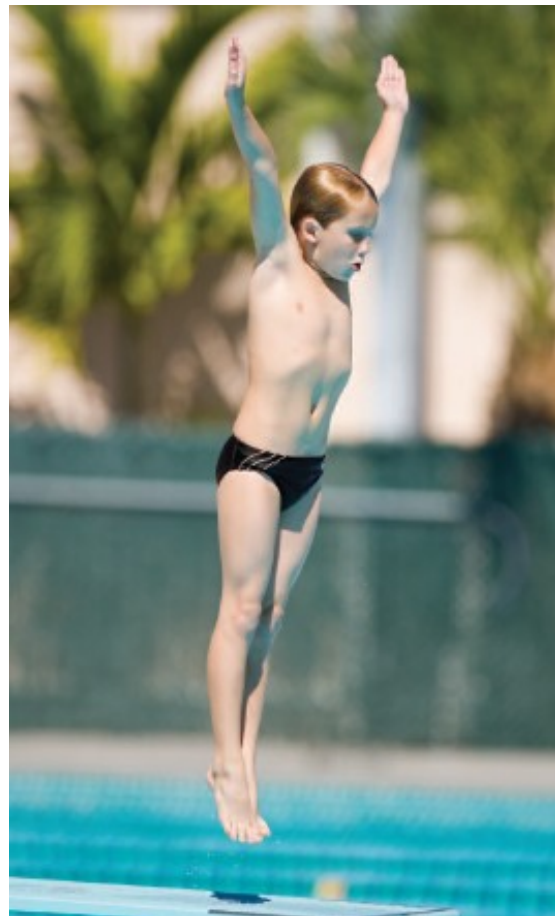
For your convenience, registration may be completed online, over the phone, or in-person at the Covington Aquatic Center.

### **What's Next?**

Upon completion of the 2 levels, divers will have a developed basic diving skills and will be ready for more advanced diving opportunities, such as local year-round club diving teams and high-school diving.

### **Questions?**

If you have any questions or want more information, do not hesitate to call or visit us at the Covington Aquatic Center.



**Covington Aquatic Center**

Visit us online at  
[www.covingtonwa.gov/cac](http://www.covingtonwa.gov/cac)

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